

## Know What You Eat: Nutrition and Energy Values of Noodles

The Consumer Council and the Centre for Food Safety (CFS) have jointly conducted tests on various Asian-flavored soup noodles and prepackaged cup/bowl noodles in a recent study. They found the majority of samples had high levels of sodium content and energy values, such that their consumption may result in a sodium intake exceeding the daily limits recommended by the World Health Organization (WHO).

According to the WHO guidance issued in 2013, an adult should consume no more than 2,000 mg of sodium, or a level teaspoonful (less than 5 g) of table salt per day. Intake of salt for children shall be adjusted relative to their energy requirements. Sodium is found not only in table salt, but also in a variety of processed foods (hams, sausages, cheese, snack foods, instant noodles, etc.) and condiments (soy sauce, fish sauce, bouillon or stock cubes, etc.). A person keeping a high-sodium diet could be at risk of raised blood pressure which increases the risk of heart disease and stroke.

In this regard, CFS has released a handy reference (see below table) to help consumers comprehend the sodium content on nutrition labels (see below example) of pre-packaged food items by identifying food of “high sodium” and “low sodium” levels.

Nutrition Information 營養成份		
Per 100g / 每100克 <small>營養素參考值% / NRV%</small>		
Energy 能量	521kcal/千卡 (2180kJ/千焦)	26%
Protein 蛋白質	6.5g/克	10.8%
Total Fat 總脂肪	30.4g/克	50.7%
Saturated Fat 飽和脂肪	11.8g/克	59%
Trans Fat 反式脂肪	0g/克	
Carbohydrates 碳水化合物	55.3g/克	18.4%
Sugars 糖	7.3g/克	
Dietary Fiber 膳食纖維	4.1g/克	16.4%
Sodium 鈉	400mg/毫克	20%

Examples of HK nutrition labelling

Tips for Choosing Healthier Food			
Identify foods of low fat, low sugar and low sodium (or salt) contents by reading the nutrition labels			
	What is High? (Choose less)	What is Low? (Choose more)	
	Per 100 g (more than)	Per 100 g (not more than)	Per 100 mL (not more than)
Total fat	20 g	3 g	1.5 g
Sugars	15 g	5 g	
Sodium	600 mg	120 mg	

Shopping cards issued by CFS

STC (The Hong Kong Standards and Testing Centre), a not-for-profit, independent testing, inspection and certification organization with over 50 years of experience, offers nutrition labelling analysis to ensure compliance with regulations in Hong Kong, China, Taiwan, Australia, United States, Canada and etc. In addition, STC also provides chemical testing services on food additives, minerals, vitamins and more.

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